

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: SENIOR Spring | Issue 2 | Date: April 8, 2019

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CLASS OF 2019

Welcome to the first of our SPRING newsletters for students and their families - from the Guidance and School Counseling Department.

We are here to support you with any questions or challenges that you may face this year and look forward to working with you. We encourage you to stop in to see us.

BHS COUNSELING

Hello Burlington High School Seniors,

Only a couple of months till you become a high school graduate! Do you have a plan? Perhaps you have decided to attend college, be employed, join the military, or take a gap year. Perhaps you are not sure. There is still time to meet with your school counselor to work on a plan. There are colleges still accepting applications, military and career options are still possible, and more! Make an appointment to meet with your counselor to explore your options.



KEEP YOUR GRADES UP WITH ACADEMIC SUPPORT

Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 every day except Wednesday. This is an opportunity for students to connect with your teacher to clarify assignments and obtain additional help. Email your teacher to set up an appointment or drop by their office.



Afterschool Homework Club

Need some extra help completing assignments? Come to the afterschool homework club. This club meets in the library every day except Friday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. See your counselor for more details.

KEY DATES

Community Health
and Wellness Fair at
BHS April 16th at 5-8.

BHS Scholarship
deadline April 15,

April break

April 22-26

Graduation
rehearsal, June 13th
at 10:00

Graduation, June
14th at 10:00

PERHAPS YOU HAVE DECIDED TO ATTEND COLLEGE.....



Soon, you will have heard about your college admission decision from most of your colleges. Now comes the difficult decision of deciding where to spend your college years. Perhaps you should go visit the colleges one more time to be sure which one you would like to attend. You may be able to take advantage of " Accepted Students Days" to help you make your decision. Have you really thought about how far the college is from your home? Have you explored your housing options? What about the food plan? What about size-is it a good fit for you? Making sure the college you choose is a good match for you will make the difference in a successful transition to college.

Have you had a discussion with your family or parent/guardian about the cost of the institution you would like to attend? Will money be a factor in your decision? It is important to clearly understand the full cost of a college education. All colleges and universities are now required to prominently display the full estimated cost of a year of education including tuition, fees, room and board, books and supplies and miscellaneous expenses. Financial aid award letters should include any grants and scholarships being offered, which should let you know any outstanding money you will owe.

Vermont Student Assistance Corporation (VSAC) is a valuable resource should you need assistance in understanding your financial aid offer. (www.vsac.org)

DON'T LET SENIORITIS SET IN....

The end of your senior year is not the time to slack off academically. To graduate, you must complete all your required courses and necessary credits. If you don't, graduation could be in jeopardy. Colleges, as well, assume you will maintain the same academic performance as when admitted-if not, they have the right to rescind their offer of admission. As hard as it may be, continue to attend classes and do your best for the remainder of the year. Graduation is in sight....

PERHAPS YOU HAVE DECIDED COLLEGE IS NOT RIGHT FOR YOU AT THIS TIME....

Take time to meet with your counselor, if you do not have a plan after graduation. They can help you discover the other options available.

SCHOLARSHIPS:

Have you started exploring the many scholarships that are available to you? If not, it's not too late! There is a lot of free money available to those students who take the time to research and apply for scholarships. Local and national organizations, VSAC, employers, and colleges offer a range of scholarship options to those who qualify. Check out the listings on the BHS website under "Guidance Scholarship Opportunities." Also, check out Naviance. The more scholarships you apply for, the more likely you are to attain one. Money that you receive from scholarships is money that you (or your parents) don't have to pay out of pocket! Two BIG scholarships are the Barbara Guantlet and BHS General scholarships. **The deadline for both of these is April 15th.**



Gap Year: what it is and pros/cons

A gap year is a period of time between completing high school and beginning college, work, or joining the military. It is when a student steps outside the traditional classroom experience to explore the world, to reflect on personal values and goals, and to prepare to take the next step in life.

For more information on gap year programs, see your school counselor and visit www.uagapyearfairs.org



Pros:

1. You'll get career experience before you commit to an education path.
2. You won't have to interrupt your path to take a break.
3. You can try something totally new.
4. Your new skills can be put to use in college.
5. You will have time to prepare financially for college.
6. Your age and inexperience can be a huge asset.
7. You can avoid committing to college before you're ready.
8. College retention and 4 year graduation rates are higher for students who have completed a Gap Year.
9. Deferring start dates for a college you want to attend is usually very easy.

Cons:

1. Some people may not understand your choice.
2. Some programs can add costs to your educational path.
3. If you aren't goal-oriented, you can easily get disorganized.
4. Research and planning take a lot of work!
5. You might not be ready to make the most of the experience yet.

Is a Gap Year right for you? Learn more at:

<https://www.goabroad.com/articles/gap-year> AND please join us at **BHS Gap Year Fair** January 17, 2109 - 6pm